HealthMatters™ Program
MARYLAND

Application Instructions for the HealthMatters, MARYLAND!

What is the Project? **HealthMatters, MARYLAND!** is a health promotion initiative aimed at improving health and health promotion of people with intellectual and developmental disabilities (IDD) throughout the state of Maryland. The HealthMatters, MARYLAND! is a part of larger scale-up project led by HealthMatters Program team at the Rehabilitation Research and Training Center on Developmental Disabilities and Health (RRTCDD) at the University of Illinois at Chicago partnering with **Maryland Department of Disabilities** to assist provider organizations with promoting healthy lifestyles to people with IDD.

Who can participate? Organizations that provide Supports for Community Living services to people with IDD in the state of Maryland. **Up to 10 provider organizations will be selected** to participate and will receive resources to benefit people with IDD receiving services, the organization, and their employees. Each organization will need to devote the staff to make up a team that includes but is not limited to: two (or more) staff leaders and a HealthMatters Team Coordinator.

What training will we get? Through in-state support, free consultations on Wellness Committee and Strategic Plan development, convenient training via webinar, and evidence-based curriculum tailored to improve health and wellness of people with IDD, participating provider Organizations will be equipped to improve their health promotion programming for people with disabilities. In addition, at least three staff members will ultimately become Certified Instructors to teach 12-week HealthMatters Program to people with IDD.

Other questions? Contact Jasmina Sisirak or Beth Marks at info@healthmattersprogram.org.

Deadline for Application: July 24th, 2017.

Approved Organizations will be contacted by July 28th, 2017.

We encourage Provider Organization HealthMatters Teams to meet to review Application Instructions and information found on http://healthmattersprogram.org/maryland/ and to collaboratively examine their existing efforts prior to beginning their applications.

To be considered for selection, Provider Organization HealthMatters Teams must:

1. Complete this application **online** at http://healthmattersprogram.org/maryland/.
2. Agree to commit to the program requirements and **submit a Statement of Interest**.

This program requires the following commitments:

1. Creating a Wellness Committee (if not in place)	August 2017
2. Completing organizational HealthMatters Assessments (staff only, minimum 25% of workforce, must be completed at least 2 weeks before webinars)	September 1, 2017 (Time 1) August 31st, 2018 (Time 2)
3. Creating and implement to Strategic Plan for health promotion	August 2017 – August 2018
4. Attending three (3) 90-minute HealthMatters Train-the-Trainer Webinars (minimum 3 participants)	**Option 1:** September 11, 13, 15 (10am-11:30am CST) **Option 2:** September 11, 13, 15 (1pm-2:30pm CST) **Option 3:** September 18, 20, 22 (10am-11:30am CST) **Option 4:** September 18, 20, 22 (1pm-2:30pm CST)
5. Running at least one 12-week HealthMatters Program (4-6 hours per week; meet 3 times per week) for people with I/DD (minimum 6 participants)	September 2017-August 2018 (start within 2 weeks of the last webinar)
6. Providing structured time for staff and Wellness Committee to meet	August 2017 – August 2018

Part I - Application Questions

You must answer all questions to submit this application. You may prefer to draft the answers prior to submitting them online.

1. Please describe how you see this program as part of your organizational Strategic Plan. With this in mind, what barriers might need to be addressed in order to be successful and how do you anticipate addressing them? What supports can we provide to help you be successful?
2. Describe your current partnerships for health promotion programming with other community organizations. Include information about what is working and what aspects need improvement. You might also describe how you have historically allocated resources to connect with community opportunities outside your organization.
3. Please identify the staff who will be part of your HealthMatters team and become Certified Instructors. Please note any stellar achievements of the team members as related to health promotion.

Part II – Statement of Interest

The final application component is the **Statement of Interest**. We ask that the members of your Organization HealthMatters Team be identified and sign the Statement of Interest to demonstrate their understanding and acceptance of the program commitments.

Please print the Statement of Interest that was attached to the announcement. The members of your Organization HealthMatters Team must be identified and each must sign the Statement of Interest.

An application will be reviewed once the Statement of Interest is submitted. You may scan and attach your Statement of Interest to your online application. You may also fax the Statement of Interest with the subject line "HealthMatters, MARYLAND! Program Application" to **Jasmina Sisirak** at info@healthmattersprogram.org or fax 312-929-0326.

Grant opportunity generously funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR) Grant # 90RT5020-01-00.